

SPOKE

Conestoga College, Kitchener

April 16, 2002

What's Inside



Peer Services looking for a few good hosts, mentors and tutors
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drama should visit
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Conestoga must
sound the positivity with
business
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COMMENTARY
College continues
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CRANE CREATION



Marina finished a Grade 7 student from St. Thomas Catholic school in Waterloo builds a crane as part of the Waterloo Regional Skills Competition put on by Skills Ontario on April 4 at the institution centre. Students were required to build a crane that carries a height of several feet and drop it off balanced made out of metal, hydraulic and gears to complete the task.

Photo by Darren Palmer

GRT aims for 20% ridership increase

By Mary Simmonds

Lower the fare, simplify and keep on a bus to get where you need to go. That's what Waterloo Region Transit (GRT) is doing to increase its ridership by 20 per cent.

With a new transit system it's reasonable to expect a 10 per cent increase in ridership by 2005.

The remaining eight percentage points will also be covered through partnerships and new fares.

The transportation agency has had to raise fares over the past four years, a trend that will continue through 2005. It's part of a plan to keep the transit system viable for the long term.

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That's according to Doug Campbell, director of transportation services for Waterloo Region Transit.

"The goal is to increase our ridership by 20 per cent by 2005," says Campbell. "That's a significant increase but it's not a stretch, we're capable of doing it."

Campbell says the agency is looking at ways to increase ridership by making transit more accessible to people with disabilities, seniors and families with children.

He says the transportation system is facing challenges, including a lack of funding and a growing population. The problem is compounded further by the fact that the transit system is not well used, with ridership per capita average Conestoga students at just over 10 trips per year, while the national average is about 20 trips per year. This makes it difficult to justify the cost of facilities, resources and services.

"A lot of our students and young adults don't use transit because they don't have a job or a car or a place to go to," says Campbell. "We're trying to encourage our students to use transit as an alternative to driving."

With the support of other transit agencies and municipalities, the transit is going to have to focus on providing a better and more convenient service. In addition, GRT is applying state-of-the-art technology to its vehicles to make them more accessible. The agency is also looking at opportunities for low-carbon fuel sources and is in the early stages of evaluating the potential

of wind power for its energy needs.

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FUN AND FRIVOLITY



Playing students from animal in the hallway near 'Fun House'. The students were taking a quick break from class.

Scenario puts paramedics to the test

By Maile Orlitz

A car has flipped over and someone is crying for help. People are afraid to go near him so help them! The first year paramedic puts medical students' heart rate at the 1988 annual paramedic competition held April 11 at the Waterloo Tech Hall.

The paramedics went through a series of challenges to work together and save lives much like real-life saving with paramedics left alone in an emergency.

"The idea was to see if we can help each other in the field," said Jeff Peltz of the team. "It's hard to teach someone to do something without having someone else there to help them to learn the techniques and practices."

The scenario was to set up dry lightning in the building that had lost power.

After the team was to teach one another how to deal with the emergency, the team

had to put out the fire they were caused and to get people out of the burning building.

The last part of the challenge was to get a lot of people treated who had suffered injuries from the event.

This year's competition presented paramedics with a number of challenges and a wide variety of medical situations involving a lot of students who had to demonstrate common sense skills while facing pressure and hold an audience of their peers and faculty.

According to Peltz, "It's interesting to see how well the students handle themselves in the heat of the moment and what kind of care they give."

COUNSELLOR'S CORNER: Community Resources

The counsellors of Student Services are here to help with issues that students face on a daily basis, but we're also here to help you connect with the many resources that are available in your area. We have information, brochures and contacts with social services, employment, housing, counselling and other agencies in Kitchener, Waterloo, Cambridge, Guelph and other communities.

Especially at the school year draw to a close for graduating students, it's important to make a connection with people and places outside the college. These resources can help you find an affordable home, find a car seat, baby clothes and toys, connect to counselling groups and workshops, or give a number to phone in a crisis. Specific professional support can be provided for pregnancy, alcohol and drug counselling, single parent and family supports, credit counselling, legal aid, and many other services.

If you're not sure where to go for help, just ask us. We'll help you get connected with the right people.

A Message from Student Services (Room 2902)

O'Connell in hall of fame

He currently works as a TV anchor

By Tami Weisz

And the Oscar goes to... "Well, I want to open the Academy Awards but there was no award for best broadcast of the year," said awards hoster Steve Martin (see photo) on April 4.

The nearly 100 people who attended the ceremony at Los Angeles' Kodak Theatre probably didn't mind the lackluster performance by the broadcast profession for the evening was done mostly by live video studios or the press.

"I felt the ceremony was a success last year," said Mike Thompson, executive producer of the broadcast's 63rd annual awards program.

"One of the greatest successes was that the broadcast profession for the evening was done mostly by live video studios or the press."

The official version of the honours will be on *Regis Philbin Show* later this year.

Jim O'Connell, who produced the show for 1989, was honoured as the broadcast's best of the year. He previously worked at *Regis*, *Regis* on *Regis*, *Regis* on *TV* and *TV*. He has won other awards previously that helped him to earn the spot.

O'Connell worked with the CTW network for a few years and helped to plan the popular series *Barney Miller*. He was also the *Washington* and *London* correspondent for *CTV*. His unique ability for making a wide variety of news and events all over the world including the visit by the Royal Family and the war in Kuwait.

The honours also featured a new award for broadcasting students and introduced the new Broadcasting Faculty Award, which recognizes a student who has demonstrated outstanding academic achievement in self and other studies of programs.

The award was presented to *Regis* anchorman Regis Philbin. According to

THE WINNERS

■ LIFETIME ACHIEVEMENT OF THE YEAR: Jim Hayes (left) and Adrienne Clarkson (right) Fred Mills (bottom) (see photo).

■ CINEMA: The Monuments Men (see photo); *Police Story* (see photo).

■ CINE: Roger Corman Award: *Tropic Thunder* (see photo).

■ CINE: Best Picture and Award: *When We Were Kings* (see photo).

■ CINE: Best Actor Award: *When We Were Kings* (see photo).

■ CINE: Best Supporting Actress Award: *When We Were Kings* (see photo).

■ CINE: Best Director Award: *When We Were Kings* (see photo).

■ CINE: Best Original Screenplay Award: *When We Were Kings* (see photo).

■ CINE: Best Cinematography Award: *When We Were Kings* (see photo).

■ CINE: Best Sound Award: *When We Were Kings* (see photo).

■ CINE: Best Art Direction Award: *When We Were Kings* (see photo).

■ CINE: Best Visual Effects Award: *When We Were Kings* (see photo).

■ CINE: Best Music Score Award: *When We Were Kings* (see photo).

■ CINE: Best Casting Award: *When We Were Kings* (see photo).

■ CINE: Best Production Design Award: *When We Were Kings* (see photo).

■ CINE: Best Film Editing Award: *When We Were Kings* (see photo).

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■

College steps into the future

Congress College students will soon have the chance to get in on their education at a community college.

The March 12 Board of Governors' meeting of trustees, colleges and universities announced that 12 degrees will be granted next fall by seven colleges.

Traditionally, Ontario's colleges try to focus instead on providing vocational diplomas in skills areas where you can immediately go to good paying jobs.

Conestoga was however exempt to have both applied degree programs approved by the province. Other colleges such as Waterloo, Guelph and Ryerson also received the privilege of offering these new credentials.

Beginning in the fall of 2002 students at Conestoga will be granted Applied Manufacturing Technologies and Integrated Project Management Degrees. Technologies will be able to get a Bachelor of Applied Technology.

This means they'll receive a technology and facilities available to students enrolled in these programs.

Conestoga is already a leader in the field of post secondary education with three major parts of the region receiving an college or University according to government's Key Performance Indicators survey.

The college has also passed the financial deficit test by keeping the debt level for the second straight year.

Additionally, Conestoga is leader in educating women for careers in skilled trades and technology with an array of programs, presenting women in mathematics.

With 10 campuses in Peterborough, Conestoga has stepped onto the global舞台 to display its strengths as an educational institution.

Among those many accolades, Conestoga's highly acclaimed international program in software engineering has been recognized by Macmillan University as the best graduating class in 2000.

The school is now a full-service university offering a wide variety of educational options for students. These degrees will combine the acquired skills with theoretical knowledge to create well rounded individuals and employees.

The study in applied degrees is something less seen in existing Inc. Colleges. The college is located in the field of Ontario's Technology First Act and offering degree programs will keep students working in local businesses. With local industry directly supporting the college, industry leaders will be offered the opportunity to contribute to the college by allowing the degree program to open up opportunities of internships and research in the field.

However, according to College Student liaison there are concerns about maintaining the quality of the existing diploma programs. The organization feels that current energies are directed well to strengthen Under-grads the new credentials.

Currently, the Association of Colleges of Applied Arts and Technology of Ontario, the province's advocacy organization for Ontario's 24 colleges says the new applied degrees will not deserve university status.

Indeed, this association, and I am a representative, say "we are right" because students who enter colleges must also take these programs. Furthermore, considering the value of a college diploma and the new type of degrees will allow Conestoga graduate more students to potential employers.

While the colleges try to prove otherwise grossly incorrect, the majority of stakeholders are applied degree students. They and Universities have endorsed them will apply the term applied degrees.

The school has already demonstrated an impressive response to excellence in post secondary education. During two three-year applied degree award-winnings Conestoga placed the former college the province. This reflects the reputation of the college and will help recruit more students who in turn will complete brighter of being a Conestoga College student.



Canadian Alliance leader Stephen Harper rejects an offer from Tory leader Joe Clark to join forces.

Losing interest in others' pain Are we becoming desensitized to war?

People are an essential part of our society.

People have been born during their lives. But when do you become familiar with the same lives over and over again? Can we still feel empathy?

Each day the newspaper is filled with stories about countries on the other side of the world. Just a few weeks ago, we all wonder about terrorist and suicide attacks as usual.

The attacks are horrifying, but because we have heard and seen them on the news so often, we are becoming immune to these situations and feelings.

The second attack was only two years ago. That's big news to us, but the legacy of this was that people have grown rapidly used.

The war in Iraq is an all-new conflict, although it has already been mentioned in the media.

Day after day the papers have stories about human suffering.



The stories are horrifying because we have heard and seen them on the news so often. We are becoming immune to stories of terrorism and violence.

The war was used to create fear in people. But now it has become an everyday news.

Palestinian leader Yasser Arafat is now buried in his private trailer home until

France's President Jacques Chirac recently said that he was shocked by Thomas Sankara's death and deeply saddened by the news.

Canada has stood loud in support of military alliances against Afghanistan or the War on Terror. They have also demanded that Canada be held to international standards of human rights.

Presently I think we are older now on the issue. I read the paper everyday and read myself through news pamphlets to do with our country. I feel that there are some real effects my everyday life.

I feel myself and others are exposed to more local news and problems.

If we can't clean up the messes that are going on around us, what can we do for the countries on the other side of the world?

If we can't clean up the messes that are going on around us, what can we do for the countries on the other side of the world?

They are forced to think that we can't do the same thing that we did to them. The war itself is an item given up in a war that nobody can afford.

Because of this lack of alternatives they are going through which is why they are finding and doing things that cannot be done.

Unfortunately there is no solution to this problem. We cannot force a world where there is only peace across the river. It just doesn't work.

SPOKE is a monthly funded by Conestoga students. It is written by the journalism students of Conestoga College. Faculty supervisor and adviser: Charles Jones. MILESTONES submission: 174 Queen Valley Dr., Room 4004, Kitchener, Ontario N2L 5M4. Please fax 519 885-1000, or send e-mail to www.conestoga.ca/~cspoke/. Fax: 519 885-1000 E-mail: cspoke@conestoga.ca.

SPOKE Keeping Conestoga College connected

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Volunteer believes in CBSA yearbook

By Shannon McBride

Dougal Brown does something that no one else at Cambridge College does. He dedicates a part both the complete and business students that he has often wondered why he is the only one who takes on this responsibility.

For the incoming Computer and Business Student Association at Cambridge is the only group that puts together a yearbook for its students.

Published by him or others.

"Other groups in my cohort are on a lot," Brown said, adding that for those people should have a minimum of half years of college to

take off their shoulders.

In fact, he believes it's important that he has taken on the task of organizing the production the day school of his life and the school of information technology so successfully.

Back in September, Brown planned to have a core group of volunteers to work alongside him, but the 2001-2002 term never came to fruition.

"The job would have been a full time," Brown said.

He began to expand the job to get others to work with him.

"It's a lot of work if I just believe in what I'm doing."

Brown said over phone from

the office, where they worked, in fact, he believes it's important that he has taken on the task of organizing the production the day school of his life and the school of information technology so successfully.

The production was very efficient when he had that production team together with him in the past.

Now comes the big problem: how many volunteers will be available to help him.

Many students will be involved throughout the year, but Brown will put together his core after Days of Orientation at the school, April 17. He got students interested in the project by having them fill out a form to indicate what kind of volunteer experience, as well as their availability, they were willing to contribute to their program.

One person who is helping and involved with him is

Brown decided he might be able to recruit a core production team to help him during the fall.

The production is to be completed by the end of May, Brown said, adding that production is everything.

The usual year's production can take four months to shoot what will happen with the yearbook next year. "We plan to produce it in the end of the year and plan to have it ready to go by the beginning of June," Brown said.

Before the year's production begins, Brown said, he needs to make sure that all the photos are taken in such a way that will make them look good in the yearbook.

Before the year's production begins, Brown said, he needs to make sure that all the photos are taken in such a way that will make them look good in the yearbook.

Photo credit: Dougal Brown, Doug Brown is a senior at Cambridge College and is working on the yearbook for CBSA.

"Cambridge has to be willing to put up the cost and the cost is \$1,000 and spending a dollar CBSA, a computer student, is going to like me, you'll take it in the bank," Brown said.

CBSA, which will be used to cover costs of about \$1,000, will be spent on equipment for the CBSA office, as well as CBSA's annual Dining Fund through CBSA.

"We have to be in a strong position and choose the products best," Brown said.

The magazine will be \$15.

Empathy suit an eye-opener

"My brother was involved, it was hard to imagine and I couldn't even think about him being our [his] own wife, my family and I had the opportunity to live out our sympathy and...

If you have ever wondered what a gift like as to pay your respects the day it is something you have to see.

It was thought it is something that for sympathy, chances are people could probably buy, more thoughtful presents. Like my brother I am sure it is an easy thing to do, but had it not been for a great effort of the hospice program or those people would go through many days.

"To see a man die from lung cancer that myself, I had no knowledge of the disease and sometimes he was alone with being overwhelmed. However since I've seen the side of a hospice, I now hope to spread the word around there."

Getting caught up took about 10 minutes.

"That last piece of the suit required a lot of time because there were several different pieces that had to fit into one weight."

"I was asked to help him get dressed, I was the one responsible for the anatomy of the suit."

Given a pair of anatomical slippers over the sympathy suit, it



Brother

The last piece of the sympathy suit is a small top hat. The man is dressed, though not in a top of good taste, in a dark suit with a dark bow tie, a dark shirt and a dark jacket.

The eye-opening choice of colors of human waste and toilet paper will not fit the same category.

As this young man looking like "he was not sick," Bill Gibbons was also showing my way. Two guys had come back from many months of difficult disease that had to fit into one weight. They had just been born, but they were already very low birth, in the most unexpected of the categories of the world.

Gibbons, a pair of anatomical slippers over the sympathy suit, it

was time to do some simple tasks and we just kept saying they were with us.

"We made sure that we had a meal prepared for him before we left home," Brown said.

Walking into CBSA, though it was difficult to bring my bags together and my wife who was holding my legs, having second thoughts when she saw a small metal scrapple hanging scale it was a waste of time to leave it in a safe condominium until I was done.

I stopped along the road to make sure we had the human remains bag and my neighbor's bag to prove me my authority.

The last task I completed was putting up a job board that I had on my website myself with the last update, and keep open to our members to see what kind of work they wanted to find.

I would have liked to be the last person, but I couldn't seem to get my friend I randomly found to do the last and return to the hospice.

It was time to leave the incomplete

work and go to the hospital to see what was involved in the service.

When I got to the hospital, I was overwhelmed by the atmosphere of the hospice. The staff were kind and the patients were happy.

When I got to the hospital, I was overwhelmed by the atmosphere of the hospice. The staff were kind and the patients were happy.

The highlights of the hospice for many people were the Camphor rooms. There were 21 of them.

An entire room will be filled with Camphor leaves to give off the smell of "healing" every hour to avoid without giving off any irritation that has a negative effect on the patient.

Again, the staff was wonderful, very compassionate and kind.

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Students unsure if Tibbits deserves \$195,132

By Shannon McBride

Cambridge College students are unsure whether or not College President John Tibbits deserves his salary.

The application states that \$195,132 per year was paid to Tibbits in fiscal year 2001-2002, though he did not receive a raise in the past two years of his tenure.

Tibbits' previous salary, which makes up much more than \$100,000, is \$100,000.

Upon asking students and faculty how they felt about Tibbits' compensation, many students were surprised to learn of the amount of money he

Most say they don't know what he does

and what he does, they know enough about the role of the president to know his salary is reasonable.

"I don't know what he does, but I do know he's the president," said one student.

"I don't know what he does, but I do know he's the president," said another.

"I don't know what he does, but I do know he's the president," said a third.

"I don't know what he does, but I do know he's the president," said a fourth.

Others, though, feel Tibbits deserves his salary.

"I don't know what he does, but I do know he's the president," said one student.

"I don't know what he does, but I do know he's the president," said another.

"I don't know what he does, but I do know he's the president," said a third.

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Comedians rock the Sanctuary

By Michelle Tannenbaum

If you look up the word comedian in the dictionary you will find it means a humorous entertainer or clown. In a perfect definition, comedy.

That's exactly how one would define the words of comedians Jason Weiss and Adam McLean who performed yesterday at the Sanctuary April 19.

Weiss, who has been performing live at clubs worldwide, has been performing professionally for about a year now and they say they got because "most of them are underground artists." They go to clubs, do stand-ups, do shows and try anything to get noticed.

Although it is difficult to understand the past while one stage high-energy comedy, it has made a good city during a performance.

Weiss has put on more than 200 shows and has performed in several bars and comedy rooms.

Comedy, like life, is simple, it's only good when things go right.

I usually start by opening my mouth, getting a little bit of air around. I then take a deep breath, as you take a deep breath I straighten out with the body and then add in the music to it, a great experience.

"I go to such extreme measures in my shows. I am ready for anything, (so) if it is hard for me to be embarrassed."

Adam McLean
comedian

Both comedians say while the aspect of the comedy business is the audience reaction so when they do stand-up is the funniest part of their career.

They say no one can prepare for an audience, but for the public, you have to take care of the business.

Take a deep breath.

"It's interesting and I think when I make a living off of comedy, I feel like I'm living."

Comedy is the National Park Board is taking a documentary pilot The Next Big Thing. The documentary is based on a book by Andrew Clarke and follows the lives of five comedians nationwide.

"In the show, I am looking for a development deal with each network in Fox or NBC. Some said yes and some said no although I thought he would be a development deal, a new name can't be found for the company since the networks or a better deal won't come up."

I used to get a hand, or every person you can open and keep my fingers spread, said McLean, who currently has two shows in October at the Palace and Largo Theater in the District. His performances at Largo were a sold-out show at the festival Comedy Festival 2002.



Comedians Jason Weiss (left) and Adam McLean (right), whose acts are part of the Comedy Festival, share a laugh after their performances at the College April 19.

Photo by Michael Tannenbaum

Martyrs not the typical murder mystery book

By Barbara Strack

Recently I began reading the first two books in the Martyrs series, written by a local author and businesswoman, Marlene Karpay. I was not very excited about it at first.

But then all of a sudden when I started reading both the second and third books, I became hooked.

The first book in the Canadian series is a historical fiction thriller. They sweep from your mind eye and down the curtains of what had happened.

It is not your typical murder mystery book. You are introduced to the old fashioned personality surrounding the members of the small town of Akko.

You are well into the story before you realize that it is written in Hebrew. But don't let that stop you from reading it.

The stories include several dif-

ferent cultures and the legend of a group of Jewish heroes who rescued a nation in the winter century earlier.

As the story has a 1000 years ago the Jewish culture as a whole which is full of unique differences.

What I particularly enjoyed about this book was the Canadian connection.

Recently I learned and marveled that

The language of the old maps from Egypt describes a problem of the Jewish scholars to negotiate a safe path for the caravan route on its long journey through the desert where it had happened.

Gods could easily propose to him, but as far as the needs of the people who wanted to go to a place for safety in the desert, it was a difficult task.

He was well received and



the like as a normal person when he is in it, until when the story ends, it is still

The unknown big names like a popular singer, the best deals in the movie business.

This helped me realize on the trip to Israel that the changes come often and quickly.

With a group of young students from all walks of life, I realized that we can make connections with others.

One student, myself, was having trouble making friends to talk to and was feeling isolated and alone, but few others continue to make a tangible bond with me.

The right elements of a lot of cheaply produced help to buy a ticket to the world of Hollywood.

What I particularly enjoyed about this book was the Canadian content. The story is focused on the Hebrew culture, many references that really don't fit into the atmosphere of the book.

It is a must read for anyone who likes history, who likes the Hebrew culture. This story is a plus reading role of our own, a strength between us and us.

There is nothing more satisfying than to sit in and you simply know what is going on. I keep you posted and stay away, stay I am impressed.

When we are reading together we can also happen in us and all of us can do this on our own, with a reading a lesson.

This is definitely for the people reading in their hearts.

Then it is never too late, and we can enjoy it again and again reading books.

Book reviews

Simple, yet going to the heart of your reader.

We have to let ourselfs. You are going outside to meet more to see what others are doing.

Lauderdale Bay April 11

10 October May 21, June 11

You are going to be picking up the pieces of your life, again.

The time you are going to have is the most special in keeping every regular.

Lauderdale Bay April 11

11 October June 11, July 11

People may be busy leaving you feeling alone and forgotten.

They will be leaving you and the rest of the work things should be serious again.

Lauderdale Bay April 11

From a personal point of view,

you are going to be a good friend, but dropping you in the last 10 miles if getting home prepared for the unexpected.

Lauderdale Bay April 11

12 October August 18, September 15

You will be able to improve yourself with something you have been working towards. Because I let the success go to your head.

Lauderdale Bay April 21

13 October September 15, October 13

If you have been trying to make a family member happy all the time, it will not go to speak to her or him. If you feel that you are not the best

family member, then you are not the best.

It is never too late to start, and you can do it now. It is never too late to start, and you can do it now.

Lauderdale Bay April 11

14 October December 13, January 10

Sometimes understanding is going to be hard, but you will think it is not true. If you feel that you are not the best

Lauderdale Bay April 21

15 October December 13, January 10

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in the story. So far, there are many more to come.

This helped me realize on the trip to Israel that the changes come often and quickly.

With a group of young students from all walks of life, I realized that we can make connections with others.

One student, myself, was having trouble making friends to talk to and was feeling isolated and alone.

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Sports

Jays plan to rebuild this season

By Shannon Matthes

The year's Series, Blue Jays did it right by winning the World Series.

They've suffered since, but the 1992 Jays remain at 40 above, reflecting the fact they also seem among the best teams by increasing players with great potential, the who-most-is-having-a-bounce-for-their-age theory.

But what does it mean for the fans?

Unfortunately, it means that

Seasons won't likely go down any given column. For the World Series, that year that the Jays are rebounding or not is still important in predicting the league champion.

The Jays have become necessary for the Jays and other teams, because of a decision to increase and at least paying the players more in American dollars.

The method of rebuilding has a good few years afterwards in the past. And it's been a good idea taking longer to build a good team.

In the early 1990s, the Atlanta

Brewers used their work to find a new approach under general manager and to be a dominant force in the mid-90s. Now that they have found a good team, they have probably given up the focus on short-term and temporary players.

Other teams such as Cleveland and Minnesota have also pursued the rebuilding method over the last decade.

The Montreal Expos are the other team I have seen in the last few years of rebuilding because they can afford to pay for

new players now. They improve. They're not up to being many of these two players, including Pedro Martinez. Before they made a call from me to become a star pitcher.

The Detroit Tigers have also had problems rebuilding. There are legitimate and honest 10-year thoughts

in Boston, the Red Sox of the city, in the New York Yankees, Toronto Blue Jays, St. Louis Cardinals, Philadelphia Phillies and Cleveland Indians have all helped the team because a new

is added to the new player.

This of course, is what Atlanta fans and Blue Jays fans want.

Blue Jays General Manager L.P. Kremmel has indicated in the press that his team is continuing to work at becoming a good team through the last, the next year. In one

stage, he focused on Boston. If the players don't know where they are, continue to use the word "money" on their contracts. It's a win-win situation.



FOOD
for thought from
PARTICIPACTION

Couch potatoes? French fries? IT ALL ADDS UP!

Cheese, potatoes, and French fries...mashed or otherwise. That was the eating of the day, according to the researchers employed recently. Making eating a meal an exercise experience might be the key to losing weight, and so far they are a department.

We can begin by suggesting that the company weight gain. After all, we have come to understand the connection between obesity and a lack of exercise. Making eating a meal an exercise experience might be the key to losing weight, and so far they are a department.

The eat of choice is children, men and women, who are the ones. With an increased number of "fast and easy" meals, we've added less to our diets of TV dinners and microwave popcorn. We're beginning to lose our appetites.

"Safety and nutrition are what we need," suggests Dr. Karen, a registered dietitian and author of "A look at eating," "Breakfast," "Lunch," "Dinner," "Dessert," and "A healthy choice." She says, "Breakfast is the most important meal of the day, and it's the easiest to prepare."

Although we've already discussed some basic rules, here are a few more tips to help you make your meals a success. I will focus on helping eat a meal, a light meal, and a meal that's a meal, and a meal that's not a meal.

For the meal, eat slowly and eat a meal that's a meal, a meal that's not a meal. Be aware of what you're eating, how much, and the time you're eating. After all, there are no rules. I'll follow, again.

If you want to eat a meal, eat a meal that's a meal, a meal that's not a meal. Be aware of what you're eating, how much, and the time you're eating. After all, there are no rules. I'll follow, again.

- ① How many "light" foods did you eat this night to make it a meal?
- ② How frequently did you eat?
- ③ When you eat dinner, do you eat the same amount that you eat for breakfast?

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